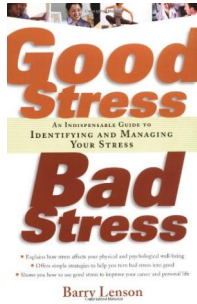


Good Stress, Bad Stress: An Indispensable Guide to Identifying and Managing Your Stress



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